

Welcome to the UCT MOUNTAIN & SKI CLUB



2003
information booklet
1st quarter meets list

HERE IS WHY YOU JOINED...

ESCAPE! Experience the wild outdoors. This is definitely the best club at UCT, where you meet new and wacky friends who have as much enthusiasm for hiking and climbing as you do. For those of you that have yet to venture into the great outdoors, fear not! The spectrum of our members ranges from hardcore adrenaline junkies to those that are more chilled out and like to stop and smell the flowers.

You can SKI in Africa! During the cold winter months, when most people are lazing indoors, you can grab the opportunity to join us on our fantastic ski slopes in the Zuurberg. Learn about and participate in conservation. By being a part of our enormously popular club, you will have the opportunity to fling your lecture notes and tutorial readings aside and gain an outdoor education. For the socialites, you will meet other interesting and crazy people, through our Wednesday evening socials. You will meet people from all walks on the hikes and get to party with them at our annual bashes. So, sign up and we'll see you in the mountains!

... AND THIS IS THE REST OF THIS BOOKLET

This booklet contains a brief introduction to the activities and facilities that the Mountain and Ski Club has to offer you during your stay at the University of Cape Town.

The Mountain and Ski Club (MSC) is regularly voted as the club of the year. Last year we received the Spirit Award for the best club spirit at UCT. The MSC forms a large part of many peoples' enjoyment of university. It is a club where everybody is welcome no matter what your interests, background, creed, culture or inclination. It is an "institution" where opportunities abound to have fun, live a little adventure, and learn about yourself and the people and environment around you.

The Club is vast with approximately 750 members joining annually and an enormous number of activities being planned for the course of the year. This booklet will hopefully give you a good indication of everything you can get up to with the Mountain and Ski Club during your year.

PLEASE NOTE...

Hiking, climbing and skiing can be hazardous to your health if safety precautions are not adhered to. So if you die, please don't sue us. The club does not hold responsibility for accidents, so be aware that participating in our activities is entirely AT YOUR OWN RISK. Don't let these words put you off our activities though! Fun can only be experienced through awareness of the dangers involved (for the thrill and adrenaline junkies), and understanding how to react when these accidents happen to yourself and other people (its only tomato sauce), which is why we have educational programmes like: Emergency Medical Training first aid course, learn to hike and learn to climb modules. To ensure safety, all hike leaders have first aid training and carry a first aid kit on their hikes.

INDEMNITY

By joining this Club and agreeing to participate in any of the Club's activities you are exposing yourself to potential danger and injury (and we don't just mean the crazies who offer to drive for some trips). By participating in a Club activity you agree to do so at your own risk. This means that you will not hold either the Club, or its' members or leaders liable or responsible for any accidents, or injuries that you may incur during the activity, whether such injury or accident arose as a result of negligence or otherwise. Rescue services may be requested at the leaders' discretion and neither the Club nor the leader will be liable for the cost of such operations -i.e. no free helicopter rides.

CLUB ACTIVITIES

Hikes and climbs are advertised and described in the meets list for the upcoming term. Specific information such as where, who, what, when and why can be found off the club noticeboard. **The club's bright orange noticeboard is situated outside the hall where Café Nescafé is, en route to the library entrance.** The designated hike leader will put up a poster and sign up list on the Monday of the week in which the event is happening. Vacation trips and weekend meets are usually advertised earlier. The board will also update you on socials and new activities not mentioned in the meets list. It will also help you track down lost property. The sign up list is based upon a first come first served principle so sign up early!

The departure point for hikes is at the Info Centre. This is located between Smuts Hall and the Sports Centre. The only cost associated is petrol for transport, which is shared equally by the group for each hike. Each person caters for their own food and drink requirements. Hiking and climbing are quite inexpensive!

HIKING

Hiking with the club can range from relaxing walks in the Cape to scaling arduous peaks in the interior. If you have never been out before or feel that your fitness is not at its peak, then opt for the easy graded hikes. Most of our members start out this way, some of them now on the committee. The key to hiking is **enjoyment!** Get out, explore the sights of our beautiful country, meet different people and get in a bit of exercise to feel really invigorated.

We have different hikes planned for each weekend throughout the term. Expect it to be like choosing an ice-cream flavour: you just can't decide because they all look good. There will always be hikes of various length and difficulty, catering to everyone's taste. During the vacation we organise longer hikes that happen in all parts of the country often extending over our borders. Day hikes don't require any flashy hiking gear and you can borrow from our well-stocked equipment room if you need anything. This includes vacation meets.

Our Hikes Convenor is responsible for arranging all these cool activities, so if you have any ideas please feel free to contact him.

Convenor: Stephen van Helden

CLIMBING

Want to belay for women in mini skirts or see men in tight pants? Then, climbing is the place to be. We organize many climbing meets with many different grades - traditional and sports climbing alike. For beginners, there is a learn-to-climb module, so keep your eyes peeled on the noticeboard for information. The Freshers Climbing Meet in Montague is a must for beginners, thrill seekers and socialites. Always keep updated by checking the noticeboard for the latest information about meets and other exciting activities. In-between lectures (in fact just about any time), visit our climbing wall in the sports centre to keep your climbing skills in shape.

Don't be afraid to approach our Climbs Convenor if you are interested in giving climbing a try or want help and friendly advice on the subject.

Convenor: Mark Goosen

SKIING

Here in Africa? There is a good reason why we are called the Mountain & Ski Club. There are only two skiing slopes in the Western Cape and we own one of them. The mantra is: PRAY FOR SNOW! Our hut (Hoare Hutt) is right next to the slope and contains enough skiing equipment for 25 people. We also have a ski lift that is finally running thanks to Kilian's efforts and an epic Cable Lift that saw 15 people carry one continuous steel cable that weighed 280kgs up to Hoare Hutt in a hike that took over 6hrs.

Due to limited numbers you have to earn your place on a skiing trip (snow falls in about September) by accumulating ski credits. These are earned by worked on conservation meets, writing articles for the journal or doing services to the club in general. All of which are fun (which is why our lists are full every year).

Convenor: Ake Fagering

ORIENTEERING

Yes... the lesser known sport of orienteering has finally navigated its way into the MSC calendar. What is this wonderful new sport, I hear you say? Well in short, running around a forest like Osama in Central Park with nothing but a compass and map, trying to find little red and white thingies in the shortest possible time.

You can run, walk or crawl, you can be male, female or Norwegian and you can be as competitive or lazy as you like! So look out for the long word that starts with an "O" in the meets list and come along. Virgins welcome...

Contact person: Mike Sands

EDUCATION AND DEVELOPMENT

The Mountain and Ski Club realizes the importance of continuously developing the leadership and social skills of our members. Future leaders are given this opportunity by leading hikes, interacting with people from different backgrounds and sitting on the Mountain and Ski Club committee. An Emergency Medical Services training course and a mountain leadership course are also arranged for keen members every year.

The Club has a development initiative underway where we are trying to encourage people who have never had the opportunity to hike or climb to get out into the mountains and enjoy some of our natural heritage. It must be stressed that the Club is accessible to *everyone!*

The vast range of activities that are arranged cater for everyone's ability and inclination, i.e. there are easy hikes for all the socialites out there and there are the more extreme hikes for the nutters!

Contact Person: Geoff du Toit

SOCIALS

Some people call us the Drinking club with a Hiking problem, and there is an element of truth in that, but our socials are also very educational. The Wednesday socials vary from slide shows of club members' trips to far away places, to massively fun (and usually very drunken) parties. When the weather is good (1st term especially) expect Sundowners on Lions Head with gorgeous views and breathtaking sunsets. Look out for the Cheese and Wine (or should we say Wine and Wine), and the momentous end of year Cocktail Party!

Generally socials take place in the Zoology building (LT2) at 8:00pm on Wednesday evenings. Watch the noticeboard closely, the slideshows and speakers are varied and always well worth it. The MSC cash bar is always open, so come prepared and bring a friend.

Contact Person: Nic Botha

FACILITIES

ZUURBERG

The Hex River Mountains, those rugged peaks stretching across the horizon from UCT are owned by us - well, only 8000 hectares of them and our hectares are called Zuurberg. Being responsible for this property, we organize many conservation trips as well as scenic hikes up to our hut (Hoare Hutt). There are many hikes organised to this pristine wilderness and the scenery is simply breathtaking. Exploring your own backyard never looked this good!

Proper management of the land and the access routes thereupon ensures a sustainable long-term enjoyment of the property for club members.

Contact Person: Bruce Spottiswoode

CONSERVATION

Our club focuses each year on the preservation of our precious fauna and flora. Zuurberg, our land in the Hex River Mountains, is our centre of attention where numerous pine hacks take place. Adderley Street, one of the access paths into Zuurberg, is also undergoing some reconstruction and path-building meets are always a highlight. Zuurberg is one of the last natural wildernesses left in the country and progress is currently underway to have it declared a Natural Heritage Site.

The Club frequently organizes pine hacks and path building meets. The bonus is that petrol is fully subsidized by the club for official Conservation meets.

Contact Person: Vernon Visser

HUTS

We own three huts: Hoare, Pells, and Mamacos - all situated in the Zuurberg property. Hoare Hutt, our largest, can sleep up to thirty people, and is definitely the best hut many people have ever seen! The hut is equipped with gas stoves, skiing equipment and full kitchen equipment. We also have the loo with the greatest view in the Western Cape. Highly Recommended!

Access to Hoare Hutt is controlled by means of a permit system. Trips to the hut from 1 April to 31 September are lead by official Waaihoek Leaders only. This is due to the possibility of bad weather.

Contact Person: Kilian Hagemann

EQUIPMENT

We have loads of climbing equipment, backpacks, ropes, tents, grass skis, sleeping bags and roll mats in our storeroom. These are available for a small deposit to all members at any time of the year. If you borrow then PLEASE return as our equipment officer hates chasing after people that don't return.

Contact Person: Craig Peters

LIBRARY

A library? Yes, and you thought we were just interested in the outdoors. It is filled with journals, magazines, maps and books about climbing and hiking. It always proves to be a very useful resource. Please feel free to request any books or journals that you would like to read in our library.

Contact Person: Mieke Krynauw

CLIMBING WALLS

The MSC owns a climbing wall in Sports Centre Hall 3 (the orfe opposite the main entrance to the Sports Centre). The climbing wall is open to all club members at all times except when there are exams. We ask that you please be considerate of others using the sports hall (like the karate people on the mats). Use of the wall is entirely at your own risk.

Contact Person: Jo Hotchkiss

WEBSITE & MAILING LIST

The Club has an awesome website where all up to date info is posted. Check it out on:

www.sportsclubs.uct.ac.za/mountain

The Club also has an email list, which informs members of weekly activities, and any other spur-of-the-moment event that has been arranged. If you would like to add to the site or send an email to the club please contact the Information Technology Officer.

Contact Person: Peter Hagen

JOURNAL & NEWSLETTER

One of the coolest aspects of the Mountain and Ski Club is the MSC Journal, which is professionally published annually and contains articles written by our members detailing the club's activities over the previous year and lots of awesome pictures. For those members who get involved and even contribute to the journal, it is an endless reserve of memories of the many laughs and wild times experienced! To contribute to the journal, please contact Sonja, or send your article to peachpie78@hotmail.com

A quarterly meets list is posted to all club members, showing all the events that occur during that quarter.

Contact Person: Sonja Niederhumer

MSC COMMITTEE STRUCTURE

The committee of the Mountain and Ski Club consists of 17 members who are each responsible for a different aspect of the Club's activities. Committee meetings are held every two weeks. Some committee members have a sub-committee who help them in all their exciting projects, and who are very important in sharing responsibilities. Often a sub-comm member will aspire to become the respective committee member for the following year. Get in touch with any committee member you would like to help out during the course of the year (I'm sure they would love the help!)

The committee is voted in by existing club members at the Annual General Meeting held on the last Wednesday of the third term. Anyone can stand for a position on the committee. The Chairperson must have been on the committee for at least one term of service prior to his or her appointment.

Contact Person: Julia Wakeling



2003 MSC Committee

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HIKES MEET LIST

February

- Sat 15-Sun 16: **Hoare Hutt Freshers** – Full moon and five star accommodation in our very own wilderness. Sure to be a big party to kick off the year in style.
Leader: Julia Wakeling (082 755 7123 / wkljul001@mail.uct.ac.za)
Grade: Moderate to Difficult (Depending on partying plans)
- Sun 16: **Table Mountain Exploration** – Spend your day exploring the landmark for which Cape Town is best known. The route will include an ascent of India Venster, and will then traverse across to Maclears Beacon before heading down.
Leader: Nico Gevers (082 324 9382 / nickster@webmail.co.za)
Grade: Easy to Moderate (some easy rock scrambling)
- Sat 22 –Sun 23: **FRESHERS COUNTRY MEET – !! THE MEET!!** – Everybody who is anybody will be on this massive meet. All welcome provided you bring good humour, and know how to party. There will be a sign up sheet at the O-week stall, and at the MSC noticeboard outside the Café Nescafé area. There will also be a compulsory meeting for all those attending at 13:00 on Thursday the 20th February at the noticeboard. Be There!
Last year we had **106 people**, and we plan to break the record this year!!
This year as well, we will combine this with some trad climbing on both days – which is a really good opportunity to see good climbing in action.
E-mail Julia for details or if you have questions. Equipment such as roll mats, sleeping bags, backpacks and stoves are available from the Equipment officer Craig Peters (083 450 8336) if arranged in time.
Leaders: Julia Wakeling (082 755 7123 / wkljul001@mail.uct.ac.za)
Stephen van Helden (082 423 4131 / stevevh@webmail.co.za)
Grade: Easy to Moderate (Depending on wine in pack)

March

- Sat 1-Sun 2: **FRESHERS CLIMBING @ MONTAGUE**
The biggest climbing meet of the year is geared towards all levels. We'll book out De Bos at Montague, but there will be a max of 50 people, so get your name up ASAP. There will be a huge braai/party on Saturday night. Equipment provided, but bring personal stuff like sleeping gear food and much water.
Leaders: Mark Goosen (072 299 0131) Jo Hotchkiss (072 111 8292)
- Sat 1-Sun 2: **Bloupunt Hiking Trail** – Explore the picturesque area surrounding Montague with this 15km walk, ending in an evening of wine/dining with the climbers at De Bos. Try out some climbing in the morning.
Leader: Barry Steyn (073 237 7394 / bsteyn@cs.uct.ac.za)
Grade: Easy

- Fri 7-Sun 9: **Education and Development Weekender** – See what wicked stuff Geoff has whipped up for our self-improvement. Will be something dealing with hike leadership, especially in adverse conditions.
Contact: Geoff du Toit (082 296 0712 / jmgdutoit@mweb.co.za)
- Sat 8: **Peers Cave climbing** – A multitude of short but rewarding routes of all grades awaiting to be chalked up.
Leader: Craig Peters (083 450 8336)
- Sat 8: **Elands River Kloofing** – On the far side of the Huguenot Tunnel awaits this stunning kloof secreted in the Du Toits kloof mountains. It will be a day filled with swimming and great surrounds.
Leader: Jono Overett (ovrjon001@mail.uct.ac.za / 021 531 8555)
Grade: Easy to Moderate
- Sun 9: **Suicide Gorge Trip 1** – Kloofing at its best, this great kloof meet involves lots of jumping, swimming and floating your way down. A long but adrenalin packed day with at least one 14m jump. Wetsuits and copious amounts of smiling are recommended.
Leader: Kilian Hagemann (083 265 4369 / kilianh@lantic.net)
Grade: Difficult (heights) but most rewarding
- Sat 15-Sun 16: **Table Mountain and the Twelve Apostles** – Head up our back garden and overnight in the MCSA hut, before taking on the 12 peaks to close the gap on our 70 peaks project.
Leader: Geoff du Toit (082 296 0712 / jmgdutoit@mweb.co.za)
Grade: Moderate
- Sat 15: **Presidents Rock Meet** – Join our president Greg Moseley, and discover the man behind the reputation whilst realising the joys of trad climbing.
Leader: Greg Moseley (083 763 9943 / moseleyg@zsd.co.za)
- Sat 15: **FRESHERS ORIENTEERING RELAY** – Don't get lost, but take the lesser trodden route as you attempt to outwit, and outplay the others. Make a team and come and see just how well you know Upper Campus. Prizes up for grabs including funkiest team and best dressed to theme.
Contact: Mike Sands (083 460 4145 / davesands@telkomsa.net)
- Sun 16: **Argus Cycle Tour** – If you have already entered this race, increase your respect by donning MSC apparel as we attempt to dominate throughout.
- NOTE: *Fri 21 March is a Public Holiday*
- Fri 21-Sun 23: **Die Hel to De Hoek kloofing** – One of the most untouched kloofs in South Africa this is an exceptionally rewarding kloofing trip, characterised by long days, swims and big boulder negotiation – not for the unfit. The first day sees us walk through the Groot Winterhoek area of De Tronk, and past the famous pool (Die Hel) in the 24 rivers system. Numbers limited to five.
Leader: Stephen van Helden (082 423 4131 / stevevh@webmail.co.za)
Grade: Difficult

- Fri 21-Sun 23: **Hexy Weekend** – Join Julia for a long weekend in the great Hex River Mountains. Plans are to pass through the mountains, and visit the three huts (Hoare, Perry Refuge and Thomas) as well as bag some peaks. Numbers limited to 6.
Leader: Julia Wakeling (082 755 7123 / wkljul001@mail.uct.ac.za)
Grade: Moderate to Difficult
- Fri 21-Sun 23: **Rockland's Bouldering** – This world famous area north of Clanwilliam provides some of the best bouldering in the world. Epic dynoes lieth here.
Leaders: Mark Goosen (072 299 0131)
Jo Hotchkiss (072 111 8292)
- Fri 21: **Tranquillity cracks** – For some local flavour follow the pipe and then up the Corridor to the Cracks with some great views astride the impressive Slangolie Buttress. Ideal for beginners – especially if you have not visited Table Mountain yet.
Leader: Sonja Niederhumer (peachpie78@yahoo.com)
Grade: Easy
- Sat 29-Sun 20: **Boesmanskloof Trail** – This beautiful trail between Greyton and McGregor winds through the Riviersonderend Mountains offering great scenery to complement certain great company. One day may also see an attempt on Paardekop peak to add to the record. We overnight in a hut in the Mountains near McGregor.
Leader: Ailsa Leitch (ailsaleitch@webmail.co.za)
Grade: Easy to Moderate
- Sat 29: **Devils Peak Ice Cream Challenge “Hot and Happening”**
 Strategy, looks and fitness count here. Think of how to keep your ice cream frozen, all the way to the top where you present it to the judge at the summit who grades you according to taste, texture and presentation (Bring on tuxes, dresses and wacky stuff) – bribes also accepted.
Chief Judge: Anita Louis (072 198 0601 alouis@cs.uct.ac.za)
Grade: Moderate (fitness, weight etc) & Difficult (solid ice cream)
- Sat 29: **Lower Silvermine climbing** – This meet is great for all – even those unable to climb a ladder (hmmm).
Leader: Brendan ‘sewing machine’ Bussel (072 248 2174)
Grades: 14 (easy) to 20 (moderate)
- Sun 30: **Suicide Gorge trip 2** – Needing little introduction those who missed the first one will be here, remembering to waterproof everything, and to keep those legs crossed whilst airborne.
Leader: Julia Wakeling (082 755 7123 / wkljul001@mail.uct.ac.za)
Grade: Difficult

Sun 30: **Orienteering Event** – Compete in one of the fastest growing adventure sports, as Mike tries his utmost to get you lost, and you try beat the masses.
Contact: Mike Sands (083 460 4145 / davesands@telkomsa.net)
Grade: Depends on map reading ability.

Sun 30: **Breakfast on Mountain** – Aloof, and above Cape Town stands a wild mountain range. Somewhere on this we will have a breakfast with great food and company. This will include hard-core people, and is not some half-baked tea-party – so be there!
Leader: Kilian Hagemann (082 768 9830 / kilianh@lantic.net)

April

Sat 5-Sun 6: **Hoare Hutt and Ski-lift Work Party**
The key words here are the last 2. The inseparable satisfaction of hard work, combined with a great party – as we add stars to our luxury ski-resorts ratings. Earn ski credits, to allow a pilgrimage to the snow later in the year.
Leaders: Kilian Hagemann (082 768 9830 / kilianh@lantic.net)
Ake Fagering (072 507 7719 / fgake001@mail.uct.ac.za)

Sat 5: **Du Toits Peak** – Towering over the N1 is this colossus which we have now in our sights. This will be a long day spent ascending via the Yellowwood amphitheatre – with a view from the Cedarberg to the Atlantic – and a descent via Curry's frontal (including some rappelling for the steep bits)
Leaders: Barry Steyn (073 237 7394 / bsteyn@cs.uct.ac.za)
Geoff du Toit (082 296 0712 / jmgdutoit@mweb.co.za)

Sat 5: **Trad Climbing** – Join our very own Bruce Spottieswood for some trad climbing on Table Mountain. Sure to be a great day.
Leader: Bruce Spottieswood
(082 875 6410 / bspotty@pormack.uct.ac.za)

Sun 6: **Ladies Climbing Meet** – Join Ailsa as the ladies take over the Mine in a great day of climbing. All ladies welcome.
Leader: Ailsa Leitch (ailsaleitch@webmail.co.za)

VACATION MEETS (12 – 21 April)

Sat 12:

Blaze of Glory

Mark Goosen revisits this old favourite “stomping ground” of many climbers with routes enough to float almost everyone’s boat.

Leader: Mark Goosen (072 299 0131)

Sat 12 – Sat 19:

Outeniqua Trail

When such a great trail comes along it’s sure to be a big one. Start by walking in Montane Fynbos, and end in the indigenous forests. This is one of South Africa’s premier hiking trails, so keep your eyes open for developments on this one. Numbers limited to 12.

Leader: Jono Overett (021 531 6809 / ovrron001@mail.uct.ac.za)

Grade: Moderate

Sat 12– Fri 18:

The Cederberg

We return once more to the rugged Wilderness area north of Cape Town for a (at times) joint meet with the MCSA. We will be in the Tafelberg and Sneeuwberg areas and there are ample opportunities for various activities – A trip to the Wolfberg Arch and Maltese cross is a possibility.

Leader: Julia Wakeling (082 755 7123 / wkljul001@mail.uct.ac.za)

Geoff du Toit (082 296 0712 / jmgdutoit@mweb.co.za)

Grade: Moderate

Sun 13 – Thu 17:

Oorlogskloof

Truly rugged and desolate country in the region of Van Rhynsdorp where the club seldom ventures. If spectacular scenery and high mercury readings are your scene, this is the trip for you.

Leader: Kilian Hagemann (082 768 9830 / kilianh@lantic.net)

Grade: Difficult

SOCIAL MEETS LIST

- Wed 12th Feb: **Introductory slideshow**
This presentation will give new members an idea of what our club is about, with slides taken from all our activities last year
Venue: Zoology Building, Lecture Theatre 2
- Wed 19th Feb: **Sundowners on Lions Head**
Take a midweek break and enjoy your favourite cocktail overlooking all of Clifton and Camps Bay! Not to mention the Mother City Bowl by night! An easy, sociable hike with breathtaking sunsets not to be missed!
Venue: Leaving from Info Centre at 5pm
- Wed 26th Feb: **A Journey through East Africa**
Join Bruce Spottiswoode on his ventures through Eastern Africa, which includes the summits of Mt. Kenya, Elgon and Mulanje
Venue: Zoology Building, Lecture Theatre 2
- Mon 3rd Mar: **CHEESE & WINE PARTY**
The biggest social event on the first semester calendar! Party the night before Sax Appeal away at the tennis club, meet new faces and strut your stuff on the dance floor!
Venue: Tennis Club (Pavilion), 8pm
- Wed 5th Mar: **Sundowners on Lions Head**
Join us for more spectacular sunsets as we recover from the Cheese and Wine evening. One can never have too much of a good thing!
Venue: Leaving from Info Centre at 5pm
- Wed 12th Mar: **Orienteering Slideshow**
If G marks the spot - we'll help you find it. Come see what the UCTMSC Orienteering team got up to when they took off Wits at the SA Champs. Get some last minute training for the MSC Freshers Orienteering Relay around UCT on Saturday.
Venue: Zoology Building, Lecture Theatre 2
- Wed 19th Mar: **Little Lions Head Sundowners**
Easy hike to get spectacular views of Llandudno, Hout Bay and of course, the Cape Atlantic sunset
Venue: Leaving from Info Centre at 4:30 pm
- Wed 26th Mar: **Climbing with Ska Celliers**
While you were on holiday Ska was climbing rocky faces in East Africa and Spain. Come and see the spectacular locations that he has visited.

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